**Physical Intervention Assessment Record – Keeping Safe**

**Participant Name: Date:**

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| **Protective Stance Stage Two** – KS 1 | **√** | **Comments** |
| Stage One reduce the target area  From the Stance position take one step back to create space between you and the individual. |  |  |
| Turn the front leg sideways to present the side of your body |  |
| Keep your back straight |  |
| Stage Two blocking punches  Place your arms in a horizontal position; make a fist to tense muscles (palms facing outwards, fingers tucked in, thumb on top) the ‘front’ arm to protect the head area and the other arm to protect the trunk. |  |
| Protect from punches, thrown objects etc. by raising the arm to deflect the blow and then immediately returning to a vertical position (down by your side). |  |
| Broaden base of support and lower the centre of gravity. |  |
| If you need mobility raise the centre of gravity and step and slide out as required (be aware of your exits). |  |
| Health & Safety |  |
| **Pass / Refer** |  |

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| **Front Approach Prevention** – KS 2 (Restrictive Component) | **√** | **Comments** |
| From a Stance position, as the person enters your personal space you place the heel of your hands into the hollows of their shoulders so that the palms of your hands cup the collar bones. |  |  |
| Keep your arms straight and allow the individual to move you back by taking one step back absorbing the individuals’ momentum. Keep knees bent and centre of gravity low. |  |
| Keep your arms straight elbows outstretched and keep head safe. |  |
| Move away or gradient into another physical intervention, e.g. Touch Support. |  |
| Health & Safety / Aftercare. |  |
| **Pass / Refer** |  |

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| **Front Arm Catch** – KS 3 (Restrictive Component) | **√** | **Comments** |
| From a Stance position, as the person approaches you grasp their forearms ‘palms down ‘ thumb underneath’ in a ‘binocular’ type position. |  |  |
| Absorb the individual’s forward momentum by going back into a Protective Stance whilst maintaining alignment. Keep knees bent and centre of gravity low. |  |
| Cross your own forearms this will in turn result in the individual’s forearms also crossed. Keep your arms straight and elbows locked. |  |
| Assess what next. |  |
| Either move away or move into another intervention, e.g. Touch Support. |  |
| Health & Safety / Aftercare. |  |
| **Pass / Refer** |  |

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| **One Arm Release** – KS 4 (Restrictive Component) | **√** | **Comments** |
| Stabilise by using your free hand to grasp the individual’s forearm palms down thumb underneath. |  |  |
| Ensuring you keep your back straight and in alignment adopt a Protective Stance with your front foot under the point contact. |  |
| Assess the communicative function of this behaviour. |  |
| If a release is required make a fist. |  |
| Twist your arm so that the narrow part is adjacent to the gap between the fingers and thumb. |  |
| Move lower body weight forward whilst keeping your back straight. This will splint upper arm to body, keep head away. |  |
| Using a whole body movement move backwards bringing your arm out through the gap and in towards your abdomen. Step and slide as with Protective Stance. |  |
| Assess what next. |  |
| Health & Safety. |  |
| **Pass / Refer** |  |

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| **One Arm Release Variation**– KS 5 | **√** | **Comments** |
| Adopt a Protective Stance, ensuring good body alignment with your front foot under the point where your arm is held. |  |  |
| Assess the communicative function. |  |
| Make a fist with arm that has been grabbed. |  |
| Twist your arm so that your palm is facing upwards. |  |
| Grasp your own fist with your free hand. |  |
| Move lower body weight forward whilst keeping your back straight and head away. This will splint upper arm to body, keep your head away. |  |
| Using a whole body movement move backwards bringing your arm out through the gap and into your opposite shoulder. |  |
| Beware of own head. |  |
| Move away bringing your arms down. Step and slide as with Protective Stance. |  |
| Assess what next. |  |
| Health & Safety. |  |
| **Pass / Refer** |  |

**PROACT-SCIPr-UK® Instructor Signature:**